



# WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 11

JULY 1, 2016

## SPECIAL POINTS OF INTEREST:

- **Health & Safety Expo Wrap-Up**
- **Important Prescription Card Info!**

## INSIDE THIS ISSUE:

**New Safety Specialist  
Hired** 2

**Naturally Slim  
Program  
Kicks-Off this  
Month** 2

**Firework  
Safety**

**Watermelon  
Arugula and  
Feta Salad** 2

**Know Your  
Benefits** 3

## **Employees take part in Health & Safety Expo**

City of Bryan employees, along with employees from the City of College Station and Brazos County, recently attended the annual Health & Safety Expo at the Brazos Center. Attendees were able to visit over seventy different booths offering literature, health screenings and giveaways all focused on health and safety. Parks and Recreation employee, Leah Stewart, won the grand prize-a portable camping table and igloo cooler! In addition to the health fair, the popular Backhoe Rodeo was held in the parking lot of the Brazos Center along with a blood drive. Felix Conde with the Water Department took the top honor in the men's division of the backhoe rodeo competition. Brazos County Employee, Gail Davis took top honors in the female category and walked away with the Pink Hard Hat trophy and a gift certificate for a free massage donated by Elements. Risk Management will notify attendees when t-shirts are available for pick-up. Thank you to those of you who participated!



## ***Upcoming CPR, First Aid & Defensive Driving Classes***

### **CPR & First Aid-First Time**

August 31st  
8am-3pm at the MSC

### **CPR Renewal**

August 31st  
3-5pm at the MSC

### **Defensive Driving**

July 26th  
8am-4pm at the MSC

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.



## Risk Management Welcomes New Safety Specialist

The City of Bryan Risk Management Department would like to introduce Ken Smith as the City's new Safety Specialist. Ken comes to the City of Bryan from the oil industry most recently, but prior to that, he served the City College Station as a police officer for 20 years and has a total of 25 years experience in law enforcement. Ken will be working extensively with the City's safety programs as well as many other day-to-day risk management duties. Ken will be visiting various departments in the coming weeks. Meanwhile, if you have safety concerns in your work area or have suggestions, please contact Ken by email at [kpsmith@bryantx.gov](mailto:kpsmith@bryantx.gov) or call 209-5056. If you see Ken in your department, welcome him to the City of Bryan!

## Celebrate July 4th with Safety!

The National Safety Council advises everyone to stay away from all consumer fireworks and to only enjoy fireworks at a public display conducted by professionals.

If you chose to use fireworks, follow these safety tips:

- Never allow young children to handle fireworks. Older children should have adult supervision.
- Always use protective eyewear.
- Never light fireworks indoors.
- Only light one device at a time.
- Do not try to light or handle malfunctioning fireworks.
- Keep a bucket of water nearby to fully extinguish fireworks.

Check out [www.nsc.org](http://www.nsc.org) to learn more about firework safety!

## Naturally Slim Program Kicks Off this Month

Program starts on July 11, 2016

**Have your *steak* and lose weight too.**



Seventy-eight City of Bryan employees will begin the Naturally Slim Program on July 11, 2016. Full-time employees enrolled in the City's health plan were eligible to apply for this pilot program. Naturally Slim focuses on metabolic syndrome and offers participants methods to help create changes in behavior. The program is designed to help develop a lifestyle of eating your favorite foods while improving health and losing weight. Depending on the success of the pilot group, the City of Bryan hopes to offer the program again in the future. Stay tuned to hear about the success of the group during and after their 10-week journey!

## Try this Yummy Summertime Salad Watermelon Arugula and Feta Salad

### Ingredients:

- 3 cups seedless watermelon, cubed and chilled
- 1/2 cup crumbled feta
- 7 oz arugula
- 2 tbsp balsamic vinegar
- 2 tbsp. extra virgin olive oil
- Kosher salt and fresh pepper

### Directions:

Wash arugula and dry well. In a large bowl whisk vinegar, olive oil, salt and pepper. Toss with the remaining ingredients and serve.

Source: [www.skinnytaste.com](http://www.skinnytaste.com)



# Know Your Benefits

If you are enrolled in the City's health insurance plan, you should have received a new prescription card in the mail. The City changed prescription benefit managers from CVS Caremark to Optum Rx in January 2016. See the sample below of what your card should look like and why this card is so important.



## Why is my Rx card so important?



Your **personal website** is waiting. Visit <https://www.mycatamaranrx.com/PortalCentral/> to register. You will need your member ID located on your prescription card to register. From this website you will be able to:

- Print temporary ID card
- Order additional ID cards
- Compare drug prices



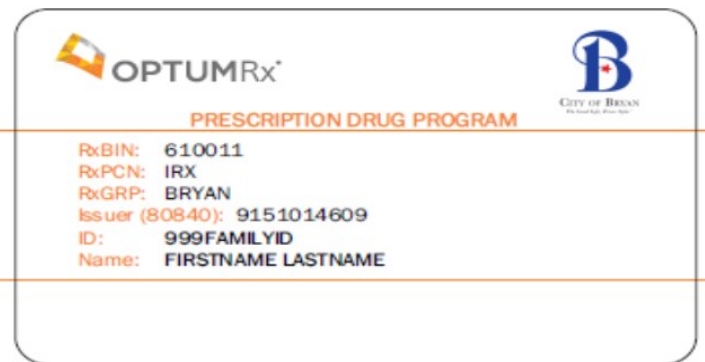
Are you taking a **"maintenance" medication**? Enroll in home delivery and save money.

- A 90-day supply usually costs less through mail order than purchasing at a retail pharmacy
- Free delivery
- Automatic refills available



**Mobile App** in your pocket.

- Never miss a dose. Set reminders to take your prescriptions.
- Pull up your medication history anytime.
- Show your doctor exactly what medications you are taking.



*If you have questions about your prescription coverage or need assistance, call OPTUMRx Customer Service at 855-896-9779.*



## CITY OF BRYAN/BISD EMPLOYEE HEALTH CENTER

Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (opened Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns? Email [CityOfBryanHealth@st-joseph.org](mailto:CityOfBryanHealth@st-joseph.org)

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

[lward@bryantx.gov](mailto:lward@bryantx.gov)

<http://wellness.bryantx.gov>